

## I AM ENJOYING MY LIFE NOW!

I giggle to myself to see how easy it is to change my life in each moment. I smile at the grace of life when I choose to see it from a space of joy. I am enjoying the nuances of my emotions.

Just like pastel colors, I am choosing to paint my life with warm vibrant colors. I know emotions have colors. I am having fun dressing my body with bright, happy colors.

I am enjoying fun music. I dance around my kitchen. I sing out loud in my car. I am enjoying that I can disregard what others may think.

I am filling my world with vibrant people. I am enjoying their company as I relish the exuberance of amazing friends.

I am enjoying getting out into Nature. I breathe in the fresh air. I go on picnics. I am having fun again.

I am enjoying farmers markets, meeting new people, and gatherings with like-minded friends.

I am enjoying fresh fruits and healthy foods.

I am enjoying festivals, vacations, and social interaction again.

Today, I see how important each experience and person is in my life as I gain a new appreciation for life itself!

## REFLECTION QUESTIONS

**1**

How do I incorporate fun and joy into my daily routine?

**2**

What activities bring me the most happiness and fulfillment?

**3**

How can surrounding myself with positive, vibrant people enhance my enjoyment of life?